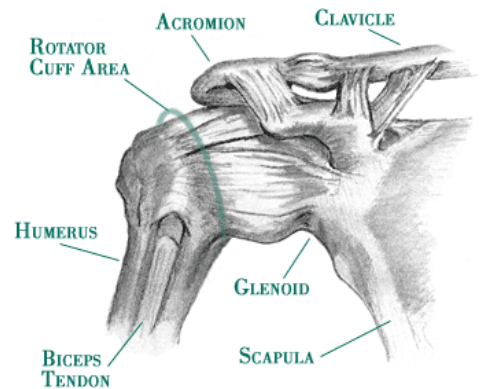




Adhesive Capsulitis PROTOCOLS

BACKGROUND

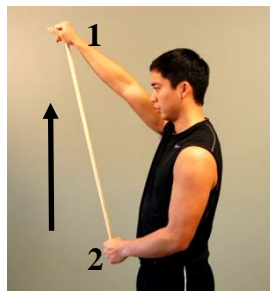
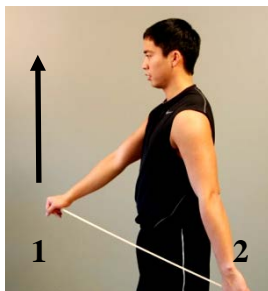
- **Description**
 - Typically between ages of 40-65
 - Thickening of the capsule around the shoulder
- **Causes:**
 - Previous shoulder injury
 - Immobilization
 - Diabetes
 - Thyroid problems
- **Progression**
 - 1st Stage "Freezing" stage
 - Increased pain, decreased motion
 - Can last 1-9 months
 - 2nd Stage "Frozen" stage
 - Decreased pain, but stiffness remains
 - Can last 4-9 months
 - 3rd Stage "Thawing" stage
 - Slow return of motion
 - Can last 5 months to 2 years



- **Conservative treatment**

- Symptoms typically resolve on their own, regardless of treatment or no treatment.
- Physical therapy
- Medication
- Injections

Stretching exercises



Passive Forward Flexion

Using a broom or rod, grasp the end with hand 1 and the other end with hand 2

Use hand 2 to passively raise hand 1 up until a stretch is felt
Hold the position for 10 seconds and return to starting position

Frequency: 3 sets of 10 reps. 2-3 times a day.

Goal: Increase/maintain shoulder range of motion



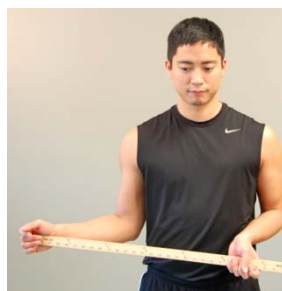
Passive Abduction

Grasp the end of the rod with hand 1 and the other end with hand 2
Use hand 2 to passively raise hand 1 up to the side until a stretch is felt

Hold the stretch for 10 seconds and returns to starting position

Frequency: 3 sets of 10 reps. 2-3 times a day.

Goal: Increase/maintain shoulder range of motion.



Passive External Rotation

Grasp the end of the rod with hand 1 and the middle of the rod with hand 2

Use hand 2 to passively rotate hand 1 to the side while keeping the elbow in

Hold the stretch for 10 seconds and returns to starting position

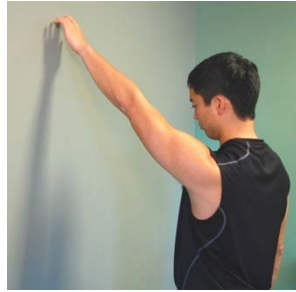
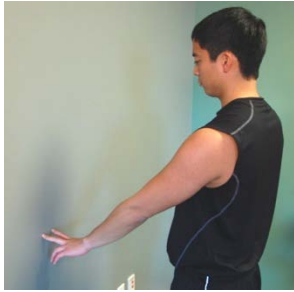
Frequency: 3 sets of 10 reps. 2-3 times a day.

Goal: Increase/maintain shoulder range of motion.



Adhesive Capsulitis PROTOCOLS

Stretching exercises

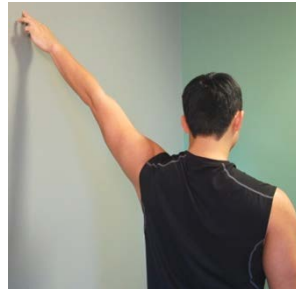
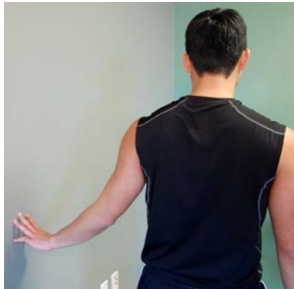


Forward Wall Climbers

Patient stands facing the wall 2 feet from the wall
Slowly walk fingers up the wall as high as possible
Hold at the top for 10 seconds then slowly lower

Frequency: 5 times. 2-3 times per day

Goal: *Increase/maintain shoulder range of motion.*



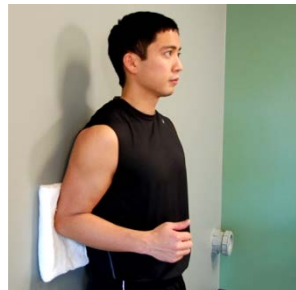
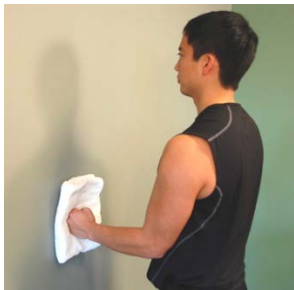
Side Wall Climbers

Patient stands with their involved shoulder 2 feet from the wall
Slowly walk fingers up the wall as high as possible
Hold at the top for 10 seconds then slowly lower

Frequency: 5 times. 2-3 times per day

Goal: *Increase/maintain shoulder range of motion.*

SHOULDER STRENGTH EXERCISES:



Isometric: Flexion / Extension

Stand with good posture, squeeze shoulders back.
Bend and hold elbow at 90°.

Flexion: Push hand into wall.

Extension: Push elbow into wall.
Hold 5 sec. Repeat **TEN** times.

Frequency: 1 set. Three times a day.

Goal: *Increase strength of Deltoid Muscles.*



Isometric: ABduction / ADduction

Stand with good posture, squeeze shoulders back.
Bend and hold elbow at 90°.

ABduction: Start hand on stomach.
Pull hand away from your stomach.

ADduction: Start hand away from stomach.
Pull hand into your stomach.

Hold 5 sec. Repeat **TEN** times.

Frequency: 1 set. Three times a day.

Goal: *Increase strength of Rotator Cuff Muscles.*



Adhesive Capsulitis PROTOCOLS

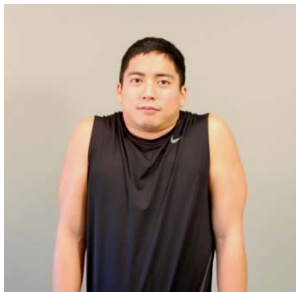
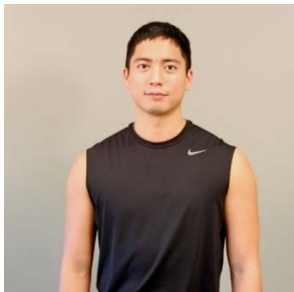
SHOULDER STRENGTH EXERCISES:



Scapular Retraction (Shoulder Blade Squeezes)

Relax head and neck.
Stand with good posture, squeeze shoulders back.
Avoid shrugging shoulders. Keeps abs tight.
Hold 10 sec.
Relax shoulder. Repeat 10 times.

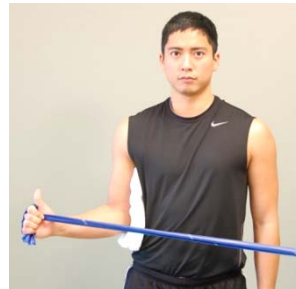
Frequency: 1 set. Three times a day.
Goal: *Increase strength of scapular stabilizing muscles.*



Scapular Elevation (Shoulder Shrugs)

Relax head and neck.
Stand with good posture.
Squeeze shoulder up towards your ears.
Keep abs tight and hold 10 sec.
Relax shoulders. Repeat 10 times.

Frequency: 1 set. Three times a day.
Goal: *Increase strength of scapular stabilizing muscles.*



External Rotation

Attach theraband to a stable object at waist level.
Roll shoulder back and down and maintain this position.
Place towel between elbow and side.
Slowly rotate hand **AWAY** from the abdomen.
Hold 5 sec. Repeat 10 times

Frequency: 1 set. Three times a day.
Goal: *Increase strength of rotator cuff muscles.*



Internal Rotation

Attach theraband to a stable object at waist level.
Roll shoulder back and down and maintain this position.
Place towel between elbow and side.
Slowly rotate hand **TOWARDS** the abdomen.
Hold 5 sec. Repeat 10 times

Frequency: 1 set. Three times a day.
Goal: *Increase strength of rotator cuff muscles.*

Side note:

Do not perform exercises that increase your pain during or after the exercise.